

Hints for Busy Housekeepers.

Recipes and Other Valuable Information
of Particular Interest to Women Folks.

FAVORITE RECIPES.

Walnut Cream Dessert.—Put half a cupful of rice in a double boiler on the back of the stove; allow it to cook slowly, with sufficient milk to swell it. While this is cooking pick out three-fourths of a cupful of black walnut meats, crush them with the rolling pin, make boiled custard of the yolks of three eggs, one-half cupful of sugar, and one quart of milk. When thick enough beat in the rice (when soft), and the walnut meats. Let it cool and flavor with vanilla. Serve as dessert with whipped cream, sprinkling walnut meats generously over the top. It also makes a delicious frozen dessert. In case it is frozen place caudied cherries in a ring around the edge of the cup with nut meats in the center.

Fruit Salad.—One-half dozen oranges cut in small pieces, one can pineapple, cut fine, one pound Malaga grapes seeded and sliced, one cup nuts, one large bunch celery cut in cubes, one bottle of Maraschino cherries; sweeten the fruits a short time before serving. Pour all the juice off before putting the dressing on. For this amount use one pint whipped cream and into that mix the mayonnaise that two eggs would make. Mix all together. Serve very cold. This quantity will serve eight or ten.

Ground, one-fourth pound of salt pork; season with salt, pepper, sage and paprika; boil a calf's tongue tender; put a layer of ground meat in deep oblong pan, then the cooked tongue (whole); then pack in rest of meat, cover top with cracker crumbs, and bits of butter, and one-half cupful of boiling water; set pan with loaf in a roaster in which is enough water to steam; cook two hours; uncover fifteen minutes to brown. This dish is pretty when sliced.

Quick Escalloped Oysters.—For one quart oysters use one quart hot milk, and one pint of cracker crumbs. Put a heaping tablespoonful of butter in a hot skillet, into which put the oysters until plump. Have three layers of crackers and two of oysters, pour the hot milk and melted butter over each layer of crackers, and season the oysters with salt and pepper. On top layer of crumbs put pieces of butter, and brown fifteen minutes in a hot oven.

Glaze English Walnuts.—Sift two cupfuls of sugar with one-eighth teaspoonful of cream tartar. Add one cupful of boiling water, set sauce pan on the stove, and stir until sugar is dissolved. Boil without stirring, carefully wiping away with a swab wet in cold water the crystals that form on the sides of the pan, as these will spoil the candy. When the syrup begins to discolor remove and instantly set the pan in a dish of cold water to stop the boiling. Remove at once and set in pan of hot water during the process of dipping. Take halves of walnuts on a long pin or steel skewer and dip in syrup to cover, then place on oiled paper or greased plate. These candies are inexpensive and delicious but seldom seen even at the best confectioners.

Apple Dumplings.—Two cupfuls of flour, one large tablespoonful of lard, pinch of salt, one teaspoonful of baking powder. Add milk enough to make a soft dough and roll out flat. Pare five or six tart apples, slice on dough, roll into a ball, and put into a pan. Take one and a half cupfuls of sugar, one and a half cupfuls of water, a little nutmeg, let it come to a boil, pour over the dough dumplings, bake three-quarters of an hour in hot oven, keep covered the first fifteen minutes.

SALADS.

New Salad.—Arrange crisp lettuce on each salad plate, and upon this grate a sufficient quantity of Roquefort cheese. Over this squeeze orange juice.

Apple Salad.—Secure large red or green apples, with stems on if possible. Wash and polish them up. Cut off the tops with a sharp knife and scoop out the centres. Cut the apple that has been scooped out in small cubes add a stalk or two of celery and a handful of large green grapes. Cut all up in small pieces, and, if desired, a few English walnuts chopped fine. Mix all well with mayonnaise. Fill the centers of the apples and place the top on each one. Garnish with large grape leaves or lettuce. A bow of

ribbon, any desired color, may be tied on each stem. This is an attractive salad, and adds greatly to make up a pretty luncheon. Do not prepare this salad until ready to serve. The ingredients may be kept cold in the icebox until ready to prepare.

Fruit Salad.—Five large apples, two bunches of celery, one-half cupful of pecan kernels, juice and pulp of one orange, juice of one lemon. Pare and dice apples, cut celery small, mix with pecans, pour over all the juice of orange and lemon mixed. Line a salad bowl with crisp lettuce leaves, heap salad in center, and serve.

Lettuce Salad.—First pick over all the leaves and cut out the tough veins and bad spots, then wash well in about three or four waters, after which place in a granite or earthen dish large enough to have plenty room to stir, then cut up a small onion fine over this and add a teaspoonful of salt, a cupful and a half of vinegar, and to about two bunches of lettuce use one-half of a nickel's worth of fat bacon cut up fine and tried out, pour over all last while still hot and stir well and cut up leaves to about one-half their regular size. Best eaten while still warm, and is always well liked by those who do not like lettuce fixed with sugar and vinegar, an old recipe like mother used to make.

Potato Salad.—Potato salad for four persons: Cook potatoes with skins on; use the ones that don't burst open; peel and cut up rather fine. Three cupfuls of potatoes, two tablespoonfuls of chopped onion, one tablespoonful chopped green pepper, one level teaspoonful of salt, one-fourth teaspoonful of ground white pepper. Toss this lightly with a fork until well mixed. Dressing: One-half cupful of thick sweet cream, one-fourth cupful of vinegar. Beat vinegar into the cream a little at a time; pour over potatoes. Toss again lightly with fork. All ready to serve.

Salad Help.—If you run short of chicken when making salad take pork chops and cook them in the broth. They will absorb the chicken flavor and look the same as the chicken.

LITTLE HELPS.

When a recipe calls for both fruit and nuts, mix thoroughly before passing through the food chopper. There will be no clogging, as there would be if the fruit is chopped alone.

Add a few grains of rice to the salt when filling the shakers and there will be no clogged shakers, no matter how damp the salt becomes.

Dampen a square of cheesecloth with a furniture polish made of equal parts of sweet oil, vinegar and kerosene. It will brighten the finest mahogany and makes floors and furniture look like newly waxed.

Use an empty baking powder can to chop cooked potatoes when they are fried or warmed over for supper. It is more quickly accomplished than using a knife.

A bag of tennis flannel cut loosely to fit the broom and held in place by a discarded round garter can be made in two or three minutes. Cut so the selvage is at the top and there will be only two seams to sew across bottom and at one side. Such a one costs but two or three cents.

When boiling tongues add two cloves for each small or veal tongue, three or four for a larger tongue. The flavor will be found most delicious.

Glass Water Bottles.—Cut up a large potato fine and put it in the bottle with some warm water and shake it rapidly until it is clean. Some use shot and soda, but potato is even more effectual.

Flatiron Help.—When ironing try setting the iron on a heated brick instead of a perforated flatiron stand. The iron will keep hot much longer, which will save time.

To Clean Rugs.—Lay them out straight and brush with a stiff dry scrubbing brush. You will be surprised at the amount of dirt to come out in this way, which is much better than shaking or beating.

Celery.—If you find your celery is tough, squeeze the juice of a lemon over it and let it stand for ten or fifteen minutes.

VINEGAR HELPS.

How little housekeepers know

about the chemical action of acids and the result they may obtain by the intelligent use of the provisions already in the house! Take, for instance, vinegar. Surely every one's cupboard conceals a bottle of this useful acid, for the cook always needs it. But even some cooks do not know how useful it is in other ways beside supplying acid for the salad dressing.

When cooking cabbage or other vegetables where the odorous steam is likely to permeate the house, a cup of vinegar allowed to simmer on the back of the stove will make an aroma which will neutralize the other. This is a nice bit of information to remember.

When pickling do not expect to use jars in which greasy substances have been kept. If you do all your careful measurements will have been taken in vain, for vinegar can ferret out the slightest indication of grease, and your pickles will not keep.

Should you go for the glue pot to mend a broken household treasure and find the glue is hardened, use a little vinegar to soften it; it is far better than water. To remove hardened glue around the finished task, use vinegar, too, otherwise you cannot call your mending neat.

Vinegar will remove paint stains from the window glass, and when boiled with wormwood it will make a sovereign remedy for sprains, while every child knows that when you make taffy you must add a teaspoonful of acid if you want your candy to be crisp. So don't let the bottle get empty.

DISFIGURING, TORTURING SKIN TROUBLE

Cannot be Cured by Salves and Ointments—The Blood Must be Purified

A blemished skin, irritating sores, pimples, eczema, salt rheum and other skin disorders are all signals of distress, telling that your blood is impure or weak. You cannot cure eczema and other skin troubles with ointments and outward applications. These things may give temporary relief, but cannot cure, because the trouble is rooted in the blood and can only be removed by purifying and enriching the blood. Dr. Williams' Pink Pills speedily cure skin troubles because they enrich, purify and build up the impoverished blood that caused the trouble. As they feed and cleanse the blood the skin grows fair, the bloom of health returns and new strength is found. No other medicine has ever had such wonderful results in curing all diseases due to bad blood. Miss Elizabeth Gillis, Kensington, P.E.I., says:—"Words can hardly express how grateful I feel for what Dr. Williams' Pink Pills have done for me. For seven years before I began their use I was troubled with salt rheum. My hands and arms were nearly always a mass of torturing cracks and sores. I tried several doctors and spent a great deal of money without getting any benefit. Indeed my hands seemed to be getting worse all the time. Finally my brother persuaded me to give Dr. Williams' Pink Pills a trial and I am happy to say they have completely cured me. I used in all seven boxes and I would not be without them in a case of this kind if they cost five dollars a box instead of fifty cents. I hope my experience will be of benefit to some other sufferer from skin trouble."

These Pills are sold by all medicine dealers or will be sent by mail at 50 cents a box or six boxes for \$2.50 by The Dr. Williams' Medicine Co., Brockville, Ont.

OUR SLOW DEVELOPMENT.

Weakness of the Modern and Rational Views of Religion

"I saw a new heaven and a new earth."—Rev. xxi., 1.

One characteristic will certainly invariably mark the religion of the future. It will have, and, indeed, largely it will be, a passion for people, a love of humanity. Its ultimate word will be love, not a mawkish sentimentality but an earnest striving after the highest and best in condition and character for all our fellows.

Religion will be the poetry and idealism of our modern social thinking. It will give to the barren, dried bones of the science of sociology the quickening breath of a mighty emotion; it will compel it with a sweep of passionate feeling and convert it from dead theories and classified data to a regenerating saving power.

The religion that is all emotion, all feeling, is a paralyzing delusion. But the religion that is without feeling is a dead, helpless, deadening thing. It is worthless to us and to our world unless it have in it those ideals and principles which can awaken in us great tides of feeling, can stir our passions, kindle our enthusiasms, and claim our unreserved allegiance.

The fact that old forms of faith were philosophically absurd, historically inaccurate, and even ethically unsound makes little difference to the great mass of people so long as these faiths move their hearts, so long as they hold out hopes that awaken longing and stir up the sluggish spirit with

VISIONS OF FELICITIES

to be enjoyed or of present wrongs to be righted.

The weakness of the modern and rational views of religion lies in the fact that, while they are eminently satisfactory to many thoughtful persons, especially to those of academic dispositions, they seem to lack in vital significance to the many; they offer no great appealing programme of action; they invite neither indignation, aspiration nor endeavor.

You will never get a living religion so long as you limit it to reason alone, for, after all, reasoning is simply the power to record and classify, examine, and analyze your impressions. We must keep our feet on the rational, but our eyes must see the inspirational, that which will awaken the life of feeling, quicken the pulse, and nerve

the heart, that to which we will answer, without conscious process of reasoning, saying, this is right and nothing else will satisfy my soul.

A new note is coming into modern religion which meets that need. It is the result of our social thinking. The new faith catches its vision in a liberated, glorified, perfected humanity. It turns from disputations over an ancient literature to ask, how can we make our modern living what it ought to be? It cares only for the history that is for the sake of the humanity that is to be.

The new faith is a faith in the future. Accepting the doctrines of our slow development from lowliest beginnings, it sees in this the prophecy of our greater growth, the hope of the coming man. It argues, if we have come so far we may yet

GO MUCH FARTHER.

It believes in an ideal man and an ideal humanity, not in some distant star but with us and of us here.

When you begin to think of city streets where no wail of sorrow surges, of homes where no dwarfed lives, pinched faces, and bent backs may be found; when you religion turns to wipe the tears from the faces of the children, to lift the burdens from the weak, to set the bound free, and gives eyes to the blind and heart to the fainting, you may be sure it will lay hold of the deep places in man.

Such an idealism becomes a practical working creed. One man may hold its premises in the will of a loving God and another in the upward dynamic of humanity. The premises are not so important as the conclusion, the goal. The explanations may differ, but the ideal, the hope, the aim, and the passion will be one. Men will gladly give themselves for the new heaven and the new earth as a realizable fact.

Our modern theology springs out of our humanity. We believe in a deity with the best attributes conceivable for ourselves, and we believe in a universe that will bear as its highest fruitage not angels nor harps, but man in his ripe powers and a race living together in love, harmony, and growth into greater glory. And we come to believe in a law of life in which wrong to another is the greatest sin and helpful, kindly love the fairest virtue.

HENRY F. COPE.

MARRIAGE AGE IN ADVANCE.

Present Conditions in England and Those a Few Years Ago.

The average age of the community is becoming older, it was pointed out by the president of the Royal Statistical Society recently. It is interesting to note that the age of marriage has also the same tendency, says the London Daily Mail. According to the available returns as many as 40,000 girls marry in England in a year under the age of 21, that is in less than one-seventh of the marriages registered. Thirty years, a generation ago, more than one-fifth of the women marrying in a year were minors.

Another interesting fact that seems to prove this tendency to later marriages is provided by the figures for the last decade. In 1907 the number of marriages of women between the ages of 21 and 25 were just over 6,000 more than in 1898, while the marriages of women be-

tween the ages of 25 and 30 increased by just over 12,000.

The average or mean age of all spinsters who married in 1896 was 25 years and one month. This has advanced to 25 years and 6½ months in the latest available returns. Widows at their second and third marriages are also older, having advanced from an average of 40 years 7 months to 40 years 11 months.

Thus spinster brides are nearly six months and widow brides four months older than those of a few years ago.

To secure a lasting luster to the range or cook stove add vinegar to the stove polish.

Chronic Grumbler—"Here, waiter, what are these chops—lamb or pork?" Waiter—"Can't you tell by the taste?" Chronic Grumbler—"No." Waiter—"Well, then, what difference does it make?"

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